

The Saber Herald

Aug. 28, 2009

Spangdahlem Air Base, Germany

www.saberherald.com

Vol. 3, Issue 34

Open wide: Sabers keep Sabers primed



U.S. Air Force photo/Senior Airman Benjamin Wilson

Lt. Col. (Dr.) Holly Ellenburger (right) and Airman Amy Williams, both from the 52nd Dental Squadron, repair a cavity for Senior Airman Mica Smith, from the 606th Air Control Squadron, Aug. 24. Some of the services offered by the clinic include exams, cleaning, crowns, implants, fillings and braces.

International driver's license essential to drive outside Germany

by Senior Airman Kali L. Gradishar
52nd Fighter Wing Public Affairs

Being stationed in Europe has a number of perks. Opportunities are plentiful to learn about new cultures as one travels through the historic, the artistic, the ethnic and the most

modern of Europe's sites. Traveling throughout the continent, however, requires transportation – bus, train or auto.

If traveling the European Union and beyond via auto, there are a few steps one must take to ensure a smooth journey.

For servicemembers and their families, there is

a legal requirement to have a valid international license when driving outside German borders. For others, having an international license is dependent on the country visited.

"Anyone is able to obtain an international

See **DRIVER'S LICENSE**, Page 3

52nd Fighter Wing Responsible Drinking Scoreboard

Last DUI: Aug. 19 – 52nd EMS
Last ARO: Aug. 22 – 52nd AMXS

Last DUI
9 days ago

Last week's accidents:
Major vehicle accidents: 3
Minor vehicle accidents: 7



Saber awarded Purple Heart

... see Page 5



Time capsule found at Frankfurt Airport

... see Page 10



Weekend weather



Aug. 29

Scattered Clouds

High 22 C / 72 F

Low 9 C / 48 F



Aug. 30

Scattered Clouds

High 22 C / 72 F

Low 7 C / 45 F

Saber Spotlight

C O M M E N T A R Y



U.S. Air Force photo

Staff Sgt. Curtis L. Alexander Jr., from the 52nd Contracting Squadron, is this week's Top Saber Performer.

NAME

Staff Sgt. Curtis L. Alexander, Jr.

UNIT

52nd Contracting Squadron

DUTY TITLE

Unit training manager

HOMETOWN

Inglewood, Calif.

TIME IN SERVICE

10 years

WHY JOINED

I wanted an opportunity to go to school and earn a decent salary at the same time

FAMILY

My wife, Monique, and my 2-year-old daughter, Mia

HOBBIES

Sports, traveling and spending as much time with my family as possible

FAVORITE ASPECT OF JOB

Being deployed and working with foreign contractors

MOST MEMORABLE AIR FORCE EXPERIENCE

The day of my basic training graduation

Dealing with the reality of suicide

by Gen. Roger Brady
U.S. Air Forces in Europe Commander

Not every aspect of leadership is fun.

Suicide is a reality leaders must deal with that is both sad and frustrating. Sometimes, in the aftermath of an Airman ending their life, we're able to explain it but we are hard-pressed to understand it. And sometimes, even when we sense it's about to happen, we're unable to stop it.

As a layman, I have more questions than answers regarding the workings of the human mind and why some individuals arrive at suicide as the only answer to end their pain or to escape a seemingly hopeless situation. However, I do have some observations.

My experience is when individuals start to indicate, through word or actions, that they may cause themselves harm, we focus on addressing their sense of hopelessness, and to a degree we can help alleviate their situation. Usually this includes many varied expressions of empathy and emotional support. This is as it should be.

Recently, I reread one of my favorite books, "Man's Search for Meaning" by Dr. Viktor Frankl. Dr. Frankl is a psychiatrist and a survivor of the World War II

concentration camps. His observations on suicide resonate with me. His captors were all too happy to have the overcrowded population of the camps thinned out by suicide, but a few determined fellow prisoners tried to prevent them.

He said in some cases, "it was a question of getting them to realize that life was still expecting something from them...when a man becomes conscious of the responsibility he bears toward a human being who affectionately waits for him, or to an unfinished work, he will never be able to throw away his life. He knows the 'why' for his existence, and will be able to bear almost any 'how.'"

What struck me about this passage was the appeal to the individual's sense of commitments and responsibility. We've all made commitments – to our families, to loved ones, to the nation, to the Air Force, to our unit, to each other and to the defense of all we enjoy as Americans. Only we, individually, can add our unique contribution to the lives of others and to our mission. Without us, it simply is not there.

Whatever circumstances and difficulties the future may bring, our relationships and our mission are unfinished work. Giving up is something we simply cannot do.

Sometimes it's OK to quit

by Senior Airman Kali L. Gradishar
52nd Fighter Wing Public Affairs

Many would agree quitting is a negative thing. Quit school and have no formal education. Quit a job and have no income. Quit the team and lose the camaraderie. But quitting some things can have a positive effect on personal, social and physical well-being.

Like smoking.

According to the Health and Wellness Center's data, which has been collected through various surveys, Spangdahlem Air Base has the highest percentage of tobacco users in U.S. Air Forces in Europe. The staff at the HAWC would like that to change.

"Some of the possible reasons for the high percentage of tobacco users here are high deployment rates and job stress," said Staff Sgt. Cordney Morehead, HAWC diet technician. "The deployment rates can actually cause job stress at the home station because it takes Airmen

away from the mission here, putting more strain on the people left behind."

In response, the HAWC has implemented the Fresh Start program to give tobacco users just that – a fresh start.

The program involves four in-person classes, beginning at the start of each month, which allow person-to-person feedback on the quitting process. Participants in the program meet at 3 p.m. Tuesdays, each time receiving information geared toward quitting smoking.

The first day is for 'breaking the ice.' People share their name and where they work, how long they've been smoking, why they started, and why they want to quit. On day two, a pharmacist meets with the group to discuss quitting with the assistance of medication – Zyban or nicotine replacement therapy like a nicotine

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AdvantiPro



Col. Tip Wight

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in The Saber Herald and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mail to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To Public Affairs in Bldg. 23
- Via fax to DSN 452-5254

Anonymous inputs are accepted. To receive a personal response, you must include your name and phone number. Call Spangdahlem Public Affairs at DSN 452-5244 for more information.

DRIVER'S LICENSE, from Page 1

driver's license. Travelers can get one from AAA prior to coming here, and we recommend visiting family members and friends from the (United States) obtain an international license before they visit," said Senior Airman Christopher Sass, 52nd Security Forces Squadron Pass and Registration clerk. "Military members and their dependents can obtain one from our office if they are authorized a (U.S. Army Europe) license."

Along with having an international license, the USAREUR states visitors to Germany must get approval from the host installation's customs office prior to driving a USAREUR-plated vehicle in Germany independently. Approval is not required, however if the USAREUR-license holder is traveling in the car with the visitor.

Servicemembers and dependents can follow these steps below to get an international driver's license:

1. Bring a hard copy of the USAREUR license to the 52nd Fighter Wing Driver's Licensing and Testing Office in Bldg. 139. The office is open 7:30 a.m.-12:45 p.m. Mondays through Fridays, and is closed German and American holidays and the last duty day of each month. The office can be reached at DSN 452-6620 and provides authenticated applications for international licenses.

2. Obtain a biometric photo. One of the locations these photos are taken is near the Bitburg Rathaus, or courthouse.

3. Bring the international license application, USAREUR license, €15 and the biometric photo to the Bitburg Rathaus. There, the staff will issue the international license.

Nonmilitary members have a few options for getting an international license – in person or via mail.

One option is to bring a valid U.S. driver's license, \$15 and two original passport photos to the nearest AAA office. Photos may be obtained at the AAA office. You may also fill out the application in advance, available at www.aaa.com/vacation/idpf.html.

If obtaining the license via mail, people can send the same documents, but with a copy of both sides of a U.S. driver's license, and mail them to the nearest AAA office.

If already overseas, the items can be mailed to the following address:

AAA/IDP

Attn: Mailstop #28

1000 AAA Dr.

Heathrow, FL 32746

"An international driver's license obtained from the Bitburg courthouse is valid for three years, while the AAA license is typically good for one year," Airman Sass said.

The international driver's license is recognized



Courtesy photo

in many countries and it is important to research whether or not it is required in the countries you plan to travel to, as well as the difference in directional and informational street signs.

The USAREUR Web site, www.hqusareur.army.mil/rmv/default.htm, includes instructional videos for driving in Germany, Italy and The Netherlands, and overall driving tips for Europe. The site also provides a handbook for driving in Germany.

"While the USAREUR license is valid only in Germany, as dictated by the Status of Forces Agreement, outlying countries may operate according to local laws," Airman Sass said. "As an agent from AAA conveyed to me, it is up to local authorities to decide if we require an international driver's license to drive in their country."

The international license is currently recognized in more than 150 countries. Those who drive government vehicles, or plan to do so, do not need an international driver's license unless they plan to drive that government vehicle out of Germany.

"To get a (government-operated vehicle) license, you need a valid USAREUR license to operate the vehicle on this installation," said Airman Sass. "But you will need an international license to operate a GOV outside of Germany."

"Considering we do not have a Status of Forces Agreement with all nations, the safest bet is always the best bet," he said.

QUITTING SMOKING, from Page 2

patch – though medication is not required. On day three, a mental-health technician discusses techniques for dealing with stress. On the final day, participants are able to discuss the effects of quitting, like possible weight gain.

"Sometimes when people quit, they gain weight. They resort to something else to rectify not smoking," Sergeant Morehead said. "It's important to make sure they know this is something they should be aware of."

While the class, which has a maximum size of 15, is available to all Sabers, there are usually only about five to six people in each monthly class.

"This is both good and bad. It's good that it's more personalized – sometimes people are more likely to speak up and express the issues they are having," said Capt. Nathan Maertens, Health Promotions Flight commander. "Then again, it's not that we prefer to have fewer people sign up because we'd like to help everyone."

There are other avenues that allow more people to take advantage of available programs. While taking the class provides an abundance of information for those wishing to quit using tobacco, not everyone is able to take time out of their work schedules to attend.

"For the people who aren't able to get away from their day-to-day duties, we also have the 'Quit Line' (or American Lung Association Call Center)," Sergeant Morehead explained. "Servicemembers can call the line to talk to a counselor, come into the HAWC to get their blood pressure measured and can get the medication."

They can also continue using the Quit Line to monitor their success.

"Then, they contact the counselor once a week," Sergeant Morehead said. "It's like the buddy system."

Another effort the HAWC is putting forth to assist with the reduction in tobacco usage is encouraging servicemembers to become tobacco facilitators. Those who are interested in becoming a facilitator are trained at Ramstein Air Base, Germany, and, once certified, can provide services similar to those found at the HAWC to their own units.

"There are only two facilitators here at the HAWC, yet we're trying to reach all of Spangdahlem and the (geographically separated units). Unit facilitators help us reach more people," Sergeant Morehead said.

"It may be beneficial because the unit facilitator is someone the smoker consistently works with and knows," Captain Maertens added.

1st Sergeant tip of the week

THRIFT SAVINGS PLAN The Thrift Saving Plan is a retirement savings and investment plan for servicemembers. The plan offers tax-deferred advantages similar to those in an individual retirement account or 401(k) plan. TSP contributions are taken out of pay before taxes are computed. As a result, individual tax obligations are reduced. For more information about the TSP, contact your finance office or the Airman & Family Readiness Center.



What's going on around your local community?

To see more photos, go to www.spangdahlem.af.mil/photos



U.S. Air Force photo/Senior Airman Jenifer H. Calhoun

Members of the 52nd Fighter Wing shop for European goods during the Summer Bazaar Aug. 23 at Club Eifel. Several European vendors sold handmade soaps, wines, jewelry, furniture, clothing and dishwares to members of the wing.



U.S. Air Force photo/Airman 1st Class Nathanael Callon

Future football players run through ropes designed to enhance their agility during a Department of Defense Dependent Schools – Europe football camp hosted by Bitburg High School Aug. 19. The camp, held Aug. 18-21, brought together American high school football players from across Europe to help them train for the upcoming season.



U.S. Air Force photo/Senior Airman Jenifer H. Calhoun

Tech. Sgt. Joel Booth, 52nd Equipment Maintenance Squadron F-16 Inspection Section chief, gives a maintenance brief to Kris Mallard, staff delegate for the U.S. House Appropriations Committee – Defense, Aug. 19. Ms. Mallard visited Spangdahlem Air Base to view the F-16 Fighting Falcon and A-10 Thunderbolt II as well as discuss the functionality of the aircraft.



U.S. Air Force photo/Airman 1st Class Staci Miller

A bulldozer looms in front of the new medical facility across from the shoppette Aug. 25. The \$30 million facility, which has been under construction since 2008, is scheduled for completion in early 2011.

Spangdahlem civil engineer awarded Purple Heart

by Capt. David Faggard

455th Air Expeditionary Wing Public Affairs

BAGRAM AIRFIELD, Afghanistan—Highinthemountains of Afghanistan's Laghman Province, Capt. Clint Townsend, deployed from Spangdahlem Air Base was awarded the Purple Heart Aug. 17 for wounds he received by sniper fire Aug. 4.

Col. James Meersman, 755th Air Expeditionary Group commander, pinned the medal on Captain Townsend, the Laghman Provincial Reconstruction Team senior engineer, in a ceremony before approximately 30 of his fellow Airmen and Soldiers.

"Captain Townsend embodies the spirit of all (joint expeditionary tasking) Airmen," said Col. Meersman. "Courage and selflessness; I'm proud to be on his team."

Captain Townsend had only been with the PRT for about a month the morning he was shot.

He said there had been indirect and small-arms fire coming in for days. Another one of his teammates had been shot the day prior, while one other had narrowly escaped a sniper's round as it whizzed by his

head.

"A loud crack," is what the Fairbanks, Alaska, native recalled hearing that morning. "It sounded like two pieces of wood smacking together."

That's when he felt pain and heard someone yelling, "Hey, someone's trying to kill you!"

The captain ran for cover and found medics also taking cover on the other side of the compound.

"Have you been shot?" the medics yelled.

"I don't know," he said.

That's when he saw the blood. The medics immediately began working on him.

Captain Townsend said the medical team's efforts were instrumental in allowing him to return to work within 24 hours of getting shot.

"I've received outstanding care and am truly humbled," he said.

The captain, who has an electrical engineering degree from Washington State University, was surveying a power plant that had been sabotaged by insurgents in Afghanistan's Nuristan Province.

The PRT work in Nuristan, which comes with heavy insurgent activity, is significant because "it

proved we'd go back to bring power to this village," said the captain.

The Purple Heart is a great honor, the captain said, reflecting on his second deployment to Afghanistan working with PRTs.

The Purple Heart is the United States' oldest military award and has lineage to General George Washington in 1782. The back of

the medal reads: "For military merit." In 1942, President Franklin D. Roosevelt signed Executive Order 9277, which states the Purple Heart should be used for those "wounded in action against an enemy of the United States, or as a result of an act of such enemy, provided such would necessitate treatment by a medical officer," according to the Department of Veterans Affairs.



U.S. Air Force photo/Senior Airman Felicia Juenke

Col. James Meersman (left) awards the Purple Heart to Capt. Clint Townsend, the Laghman Provincial Reconstruction Team senior engineer, Aug. 17 in Afghanistan's Laghman Province. Captain Townsend, deployed from Spangdahlem Air Base, earned the award for being wounded in combat Aug. 4.

Why does the world 'Fear the hog'?

by 1st Lt. James Runner

52nd Aircraft Maintenance Squadron

The 81st Aircraft Maintenance Unit began 2008 with a five-month deployment to Bagram Air Base, Afghanistan, where it generated more than 1,300 combat sorties expending more than 65,000 30 mm bullets in direct support of the war on terrorism.

Later in the year, the 81st AMU took charge of a depot-level repair on the main landing gear for 13th Air Expeditionary Force aircraft from Moody Air Force Base, Ga. The 81st AMU, with the support of other units in the 52nd Maintenance Group, inducted, repaired and redeployed the Moody aircraft downrange.

The Moody aircraft were downrange within hours of their Spangdahlem Air Base departure.

Then, in honor of the 60th Anniversary of NATO, the 81st AMU received a short-notice tasking to deploy to Bulgaria. The 81st AMU's response time was

put to the test when they had to mobilize maintenance people and several short tons of equipment to a nearly bare base during the Weapons Training Deployment to Bezmer Air Base, Bulgaria. The Bulgaria WTD was an important step in solidifying positive relations with NATO brethren.

The unit supported 116 training sorties in a 10-day flying window with only eight transport (C-model) aircraft. Training included close-air support, combat search and rescue, and full-scale weapon deliveries. This unique opportunity also afforded some 81st Fighter Squadron members the chance to fly air-to-air combat missions against MiG-29s and MiG-21s.

The Bezmer AB community also benefited greatly from this Saber deployment, as the Airmen spent some of their off-duty time cleaning an orphanage overtaken by years of vegetation.

The orphanage is now a place that can provide a safe environment where children can play.

The 81st AMU and 81st FS continually overcome many obstacles at home station, the least of which are man-power reductions and a limited number of available aircraft.

The decrease of available aircraft is due to the ongoing C-model upgrade of the A-10 Thunderbolt II, nicknamed the 'Warthog.'

For the past 15 months, Spangdahlem AB's A-10 aircraft have been flown to a Belgian depot facility as attack-models and they have returned to the unit as C-models, with upgraded avionics systems.

This facelift makes a 29-year-old aircraft fight like one straight off the assembly line. The upgrades make the A-10s stationed at Spangdahlem AB the most advanced and war-capable in the Air Force inventory.

In addition, spring and summer have brought ample opportunities to support air shows and flyovers.

The 81st AMU has provided the aircraft to support static displays for Royal Air Force cadets, Serbian

distinguished visitors, Luxembourg royalty, U.S. Military Attache to Bulgaria, and Army distinguished visitors from Austria, Germany and the United States.

The 81st AMU also supported Memorial Day flyovers in Hamm, Luxembourg, and Ardennes, Belgium, and have gone to several air shows around Europe.

The 81st AMU has been occupied during the past year providing the 81st FS with quality aircraft to fly.

The men and women of the 81st AMU take pride in seeing the daily launch and recovery of Spangdahlem AB's A-10 aircraft.

From combat missions in Afghanistan to training missions in Bulgaria, the 81st AMU continues to maintain a weapons system many yearn to take their pictures with, all while battling our nation's adversaries.


Thanks to all the hard work and dedication of the exceptional men and women of the 81st AMU, America's enemies will 'Fear the hog'

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AF unveils new fitness program

by Daniel Elkins

Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) – Approval of the new Air Force fitness instruction in the coming weeks will bring about some of the most significant changes to the Air Force fitness program in the last five years.

Those changes, which take effect Jan. 1, shift a greater responsibility of maintaining physical fitness year-round to all Airmen.

In June, Air Force Chief of Staff Gen. Norton Schwartz announced changes to the service's fitness program following an audit, which identified inconsistencies in fitness testing that failed to create the culture of fitness required to meet the warfighting demands on today's Airmen.

"I take fitness seriously, and so should you," said Chief Master Sgt. of the Air Force James A. Roy. "The new Air Force fitness test is coming soon and will incorporate significant changes aimed at creating a continuous culture of fitness."

Chief Master Sgt. Mark Long, the Air Force's enlisted promotions, evaluations and physical fitness chief, also underscored the importance of fitness in maintaining

combat capability, while at the same time advising Airmen shouldn't wait until the new year to begin preparing for the changes.

"The culture of fitness that began with earlier endeavors intended to prepare Airmen to be 'fit to fight' established a sound foundation to build upon," Chief Long said. "We've come a long way in the last five years, only now it's time to incorporate changes that will bring about not only increased fitness, but greater clarity and understanding for both commanders and Airmen."

Some of the significant changes outlined in the new Air Force Instruction 10-248, "Fitness Program," include testing frequency, establishment of fitness assessment cells to proctor tests and increased emphasis on the aerobic component in scoring.

The instruction is expected to be signed and approved by the Air Force chief of staff in the coming weeks.

Until then, Airmen can learn more about some of the changes on the horizon and view the approved fitness charts and other valuable fitness-related information on the Air Force fitness program Web site at www.afpc.randolph.af.mil.

Class 09-7 graduates from ALS

by Staff Sgt. Kristine Dreyer
52nd Force Support Squadron

The Pitsenbarger Airman Leadership School hosted a graduation ceremony for class 09-7 Aug. 19 at Club Eifel. After five weeks of education and training, each graduate was equipped with the knowledge needed to assume the responsibilities of being an Air Force supervisor.

As a class, the Airmen also supported their local community by taking part in the mission: serving our wounded at Landstuhl Regional Medical Center, Germany, providing road guard services at the Eifel Classic Bike Race and volunteering to drive for Airmen Against Drunk Driving.

The highlight of the ceremony was the presentation of the formal Professional Military Education awards.

The class 09-7 award winners are:

John L. Levitow Award

Senior Airman Kyle Beard, 52nd Security Forces Squadron

Distinguished Graduate Awards

Senior Airman Eric Williams,
52nd Communications Squadron
Senior Airman Anishka Lightbourne,
470th Air Base Squadron
Senior Airman Nathan Burnham,
702nd Munitions Support Squadron
Senior Airman Jeremy Haltom,
52nd Logistics Readiness Squadron

Leadership Award

Senior Airman Cornelius Harrison,
52nd Maintenance Operations Squadron

Academic Achievement Award

Senior Airman Jeremy Haltom, 52nd LRS

The graduates of Class 09-7 are:

Falcon Flight

Flight Leader: Staff Sgt. Ryan Bradley,
52nd CS

Assistant Flight Leader: Senior Airman
Angie Madole, 52nd Equipment
Maintenance Squadron

Senior Airman Thomas Dodson,
52nd EMS

Senior Airman Sean Eugene,
52nd Aircraft Maintenance Squadron

Senior Airman Brock Flint,
52nd Civil Engineer Squadron

Senior Airman Chad Gagnon, 52nd LRS

Senior Airman Daniel Harp,
52nd Component Maintenance Squadron

Senior Airman Anishka Lightbourne,
470th ABS

Senior Airman Joshua Rhoads, 52nd SFS
Senior Airman Aaron Taylor, 702nd MSS

Senior Airman Angela Vanderzwaag,
52nd EMS

Globemaster Flight

Flight Leader: Senior Airman Christopher
Miller, 52nd AMXS

Assistant Flight Leader: Senior Airman
Robert Chambers, 52nd AMXS

See **ALS GRADUATES**, Page 9

USAFE sponsors Airmen in U.S. Air Force Marathon

Courtesy of U.S. Air Forces in Europe
Headquarters Public Affairs

RAMSTEIN AIR BASE, Germany – Airmen in Europe have an opportunity to become one of 18 U.S. Air Forces in Europe-sponsored participants in the 13th annual U.S. Air Force Marathon.

Selected individuals representing USAFE will be provided lodging, airline travel and some local transportation at the event. Per diem will not be provided. The marathon will take place Sept. 18 at Wright-Patterson Air Force Base, Ohio. The TDY dates from USAFE will be Sept. 17-21.

“Last year, (more than) 9,000 runners participated in the marathon, and registration for the 2009 Marathon is currently outpacing last year’s totals,” said USAFE Chief of Community Support and Sustainment Branch Directorate, Manpower, Personnel and Services, Major Alejandro Garcia, Jr., in an e-mail. “This year, the goal is participation by more than 10,000 runners.”

Races include the full marathon, with a wheeled division, a half marathon and a 10K race. A 5K race will be held on the grounds of neighboring Wright State University.

“The half marathon course is new again this year and routed on a loop that provides a more scenic and flatter course than previous years,” said Molly Loudon, the marathon director. “It’s a great event for those who enjoy some distance but don’t have time to train for the rigors of a full marathon. The (5K) and 10K are great distances for family and friends to do together, whether walking or running.”

Associated activities in previous years have included a sports and fitness exposition and a gourmet pasta dinner at the National Museum of the U.S. Air Force. The expo normally features a variety of vendors with running apparel and other sporting goods.

Another aspect of the marathon is the service-wide competition for active-duty Airmen, which determines the major command with the best long-distance runners in the Air Force. The U.S. Air Force Marathon’s MAJCOM Challenge Commander’s Trophy is awarded annually by the chief of staff during the Fall CORONA to the commander of the winning command.

The U.S. Air Force Marathon is the world’s only air and space power marathon. Runners are treated to a variety of fly-bys at regularly scheduled intervals by America’s most advanced military aircraft, and the featured aircraft will be a static display of the Global Hawk unmanned aerial reconnaissance system.

The U.S. Air Force marathon is a Boston Marathon-qualifying race certified by the USA Track and Field Association. The 26.2 mile run traverses historical places on Wright-Patterson AFB, including the National Museum of the U.S. Air Force, the Air Force Institute of Technology, Air Force Materiel Command Headquarters, the base’s flightline, Huffman Prairie Flying Field and the Wright Brothers National Memorial.

Spangdahlem Air Base Airmen interested in obtaining sponsorship should call the fitness center staff at DSN 452-6634 to submit their application by Sept. 1.



U.S. Air Force illustration/Roland H. Stinnette



U.S. Air Force photo/Ben Strasser

A record field of runners take off to start the 12th Annual U.S. Air Force Marathon at Wright-Patterson Air Force Base, Ohio, in September 2008. Nearly 7,400 people registered to take part in the marathon events last year.

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The following senior airmen were recently selected for promotion to staff sergeant:

Congratulations!

Spangdahlem Air Base

22nd Fighter Squadron
Shannon Mcgovern

23rd Fighter Squadron
Justin Yoder

52nd Aerospace Medicine Squadron
David Chavez
Nicholas Hubbard
Kevin Kelly

52nd Aircraft Maintenance Squadron

Joshua Adcock
Arman Aranda
Bradley Byers
Eric Cardey
Erin Carrier
Kasey Casey
Robert Chambers
Jakori Cox
Timothy Cox
Bryan Craver
Sean Eugene
Chelsea Fulham
Thomas Hanes
Michel Hebert
Eric Herman
Lydia Hickey
Lorena High
Jordy Jackson
John Jefferson
Michael Jose
Jeffrey Kakaley
Tyneka Kears
Roderick Kemp
Larry Kenney
Benjamin Kimmerle
Walter Lall
Justin Lane
Brett Mackenzie
Jarrod Mc Millian
Joshua Meyer
Matthew Neeves
Benjamin Nelson
Juan Paredes
James Pearce
Deven Poepperling
Demetrick Russell
Caleb Schulz
Christopher Shrader
Sean Story
Jamie Swanston
Brooks Tiffany
Chad Ufholz
Aaron Vansant
Robert Wade
Alexander Wiczorek
David Wines

Calvin Woody
Ryan Wooley
52nd Civil Engineer Squadron

Ivan Alandzak
Darris Bailey
Graeme Clouden
Joshua Diselrod
Justin Hamilton
Jeremy Lewis
Zachery McCormick
Christina Mcdowell
Brian Rhodes
Kevin Rielly
Sampson Roemmich
Darnell Starkes
Wayde Waltjen
Chastin Warner

52nd Communications Squadron
Allison Adams
Tristan Carroll
Jabrail Chapman
Cale Coyle
Norma Cruz
Diann Cunningham
Aaron Krippner
Robert Land
Jose Martinez-Morales (Bitburg)
Jill Mather
Tina Miller
Kevin Parsley
Asia Reece
Ashleigh Rhoads
Dylan Spohn
Jonathan Webber
Stephanie Whitt
Eric Williams
Ricky Wilson

52nd Component Maintenance Squadron
Timothy Blas
Mallory Bond
Michael Carstensen
David Chrisman
Billy Cummings
Patrick Deluca
Cody Erlbacher
Steven Felton
Timothy Gallagher
Nathan Gentry
Daniel Harp
Matthew Hazlip
Adam Hendriksen
William Ingram
Thomas Johnson
Brent Meyers
Monica Morrow

Carol Nguyen
Kenneth Orozco
Woodrow Rieman
Thamir Rimbirt
Brent Rutherford
Erin Rutherford
Brandy Seip
Scott Stange
Rigoberto Valerio

52nd Comptroller Squadron
Perez Chacon

52nd Contracting Squadron
Randal Kylo
Angela Royster

52nd Dental Squadron
Bridgit Borseth (Bitburg)
Stephanie Garcia (Bitburg)
Tashanna Price

52nd Equipment Maintenance Squadron
Richard Blanchard
Timothy Bond
Joshua Briscoe
Thomas Burkhart
Nicholas Carson
Nathan Crandall
Justin Crickenberger
Christopher Dixon
Wesley Fichter
Chris Fleming
William Hasty
Patrick Hoagland
Brent Holter
Aaron Johnson
Joshua Johnson
Matthew Knox
Scott Kwasniewski
Ryan Larson
Seth Later
Eric Long
Robert Merritt
Adam Miller
Greggory Myers
Ryan Olson
Shavar Paul
Vanessa Popov
Benjamin Rhodes
Nicholas Rios
Timothy Rosenberger
Eduardo Sera
Garth Shannon
Bryant Snider
Miguel Torres
Sean Villacorte
Robert Yoder

52nd Fighter Wing
Kali Gradishar

Valerie Strickland
Danielle Trudeau-Johnson
Benjamin Wilson

52nd Force Support Squadron
Kindra Brett
Melissa Calso
Christopher Coniglio
Tandalyn Escobar
Jamie Jordan
Andrea Mosly
Joseph Murray
Jeremiah Prude
Ryan Slosser
Alan Snowden
Nadia Warsame

52nd Logistics Readiness Squadron
Darren Albrecht
Kevin Allie
Lorien Anslow
Dexter Brown
Joseph Brown
Cody Fowler
Kevin Fowler
Dirk Glasgow
Jeremy Haltom
DeMonique Harrison
Robert Jackson
Kyle Johnson
Charles Lilly
Larry Luginbill
Brynn Merboth
Kyle Neuland
Mark Olberding
Antony Roubal
Denise Schmidt
Mac Swisher
Jirapha Taemsee

52nd Maintenance Group
Jordan Eames
Johnathan Gaffney
Jefferson Ragudos
Jose Ritua

52nd Maintenance Operations Squadron
Timothy Hayataka
Gino Hutson
Tabatha Lugo
Billy Markert
Cyntynniel Santiago
Jesse Vargas
Rebecca Warrenburg

52nd Medical Operations Squadron
Steven Boone (Bitburg)
Nicole Durkin
Cortney Mullen

Tina Navarrette (Bitburg)

52nd Medical Support Squadron
Justin Bloomfield (Bitburg)
Michelle Lake (Bitburg)
Carrie Mikeska (Bitburg)
Derek Murphy (Bitburg)
Alexandra Parrinello (Bitburg)
Danyell Rackley (Bitburg)
Leslie Simerl (Bitburg)

52nd Mission Support Group
Veronica Wilson

52nd Operations Support Squadron
Jason Clark
Amanda Helberg
Reginald Joseph
Henry Matsuoka
Michael Ryan
John Smithberger
Wesley Stevens
Jodi Toothman

52nd Security Forces Squadron
Chandee Antill
Kyle Beard
Matthew Behm
Timothy Biocic
Andrew Boughton
Timothy Dobrynski
Lee Dunn
Robert Hamrick
Rayann Herbert
Thomas Hubbard
Pascal Joseph
Rodolfo Lopez
Justin Macedonio
Luke McQuillen
Eric Mendez
Lincoln Rembert
Joshua Rhoads
Christopher Sass
Chip Scheller
Brian Shipman
Gary Stein
Jason Wegner

606th Air Control Squadron
Benjamin Arceneaux
Joseph Buckland
Santos Delos
Sean Dunn
Michael Jensen
Steven Kalkofen
Demetrius Merriweather
Devin Minor

Geilenkirchen NATO Air Base, Germany

470th Air Base Squadron
Michelle Alsen
Brandon Bilger
Kayla Bilger
Alex Engram
Mirella Hammond
Rebecca Pecina
Angela Ward

Kleine Brogel Air Base, Belgium

701st Munitions Support Squadron
Brandon Armes
Ronnie Brinkley
Jenna Carman
Devan Cleaver
Shaun Collette
Kevin Comstock
Justin Consley
Kristian Fugrad
Desiree Geneske
Hector Lozano
Wendy Lucio
Maury McFarland
Casey Mistic
Cody Newmire
Zachary Pratt
Andrew Rigney
Matthew Sanchez
Tracy Scott
Zachari Stonehouse

Buechel Air Base, Germany

702nd Munitions Support Squadron
Stephan Bell
Michael Bordner
Zachariah Brown
Nathan Burnham
Blake Butzer
Desiree Carlisle
Christopher Dague
Edward Figueroa
Cody Force
Diana Garcia
James Griffin
Kenneth Hamilton
Kip Holmstead
Kyle Luthman
Brandan McCormack
James Montanari
Jason Myers
Joshua Phillips
Corey Pitts
Edward Ranowiecki
Daniel Rivera

Kyle Schmucker
Kristopher Scott
Albert Seidenstucker
Jacob Smith
Steven Tate
Aaron Taylor
Jerrime Williams
Calvin Wingate

Volkel Air Base, Netherlands

703rd Munitions Support Squadron
Derek Abshire
John Avants
Daniel Billman
Kristin Daly
Brandon Davis
Andrew Drobil
Amber Esme
Timothy Franseen
Monica Hayes
Joshua Leonard
Sean Lomonaco
Nathan Londak
Andrew Marlowe
Melissa Mowles
Oyinlayifa Porbeni
Eric Ryan
AdamSmalling
MatthewSmith
MichaelUskali

Ghedi Air Base, Italy

704th Munitions Support Squadron
Christopher Beland
William Cappella
Aljade Dizon
Keith Garrie
Mohammed Haroon
Carl Harris
Eric Horride
James Johnson
Steven Laguna
Robert Montgomery
Matthew Mullins
Joshua Osbourn
Randall Oshea
Alexa Ousley
Anthony Reed
Jordan Resch
Manuel Santiago
Stephen Spaeder
Brittany Stanley
Stevie Thomas
Charles Todd
Tyler Wisniewski

ALS GRADUATES, from Page 6

Senior Airman Aaron Ainsworth, 52nd CMS
Senior Airman Brandy Allinience, 470th ABS
Senior Airman Kyle Beard, 52nd SFS
Senior Airman Richard Blanchard, 52nd EMS
Senior Airman Blake Butzer, 702nd MSS
Senior Airman Lydia Hickey, 52nd AMXS
Senior Airman Joshua Johnson, 52nd EMS
Senior Airman Sallie Mendoza, 52nd AMXS
Senior Airman Troy Wesley, 52nd EMS
Senior Airman Eric Williams, 52nd CS

Warthog Flight

Flight Leader: Senior Airman Jeremy Haltom, 52nd LRS
Assistant Flight Leader: Senior Airman Chad Williams, 52nd CS

Senior Airman Nathan Burnham, 702nd MSS
Senior Airman Krisen Cropp, NATO AWACS Squadron 2
Senior Airman Kenneth Hamilton, 702nd MSS
Senior Airman Larry Luginbill, 52nd LRS
Senior Airman Davon Martin, 52nd LRS
Staff Sgt. Dean Martinez, 52nd AMXS
Senior Airman Ryan Merrill, 52nd AMXS
Senior Airman Tina Miller, 52nd CS
Senior Airman Alexander Paguaga, 52nd SFS
Senior Airman Ravyn Robinson, 52nd Comptroller Squadron

Sentry Flight

Class Leader: Staff Sgt. Shane Stroud, 52nd SFS
Flight Leader: Senior Airman Cornelius Harrison, 52nd Maintenance Operations Squadron
Assistant Flight Leader: Senior Airman Joshua Adcock, 52nd AMXS

Senior Airman Jonathan Bortz, 470th ABS
Senior Airman Melissa Fundling, 52nd LRS
Senior Airman Ashley Gangloff, 52nd Operations Group
Senior Airman Darryl Hawkins, 52nd EMS
Senior Airman Kevin Kelly, 52nd Aerospace Medicine Squadron

Senior Airman Brent Meyers, 52nd CMS
Senior Airman Nickalos Richards, 52nd EMS Staff Sgt. David Ross, 52nd AMXS
Senior Airman Jennifer Spencer, 52nd Fighter Wing
Senior Airman Mac Swisher, 52nd LRS



U.S. Air Force photo/Staff Sgt. Logan Tuttle

Senior Airman Kyle Beard, 52nd Security Forces Squadron, receives the John L. Levitow award from Col. Kevin Anderson, 52nd Fighter Wing vice commander, during the airman leadership school class 09-7 graduation Aug. 19. The John L. Levitow Award is the highest award a student can receive in the five-week class.

Portal to AF past found at Frankfurt Airport

by Senior Airman Amanda Dick
86th Airlift Wing Public Affairs

FRANKFURT AIRPORT, Germany – Nearly 13 years ago, members of the 626th Air Mobility Support Squadron at Rhein-Main Air Base, Germany, left their mark when they created and buried a time capsule.

Today, Rhein-Main AB is closed and the Frankfurt Airport is undergoing construction for cargo buildings where the base's flightline was once located, which is where the capsule was discovered by construction crews July 28.

In the fall of 1996, the 626th AMSS first sergeant, then-Master Sgt. William Farrar, decided to run with his idea of creating the capsule and filling it with various Air Force memorabilia and miscellaneous donated items.

According to Tech. Sgt. Kelsey Backes, 726th Air Mobility Squadron shift supervisor of aircraft services at Spangdahlem Air Base, there was always talk about whether or not Rhein-Main AB would be closed.

"I think Master Sergeant Farrar wanted there

to be something permanent to remember Rhein-Main – something real left of it, if it ever closed," said Sergeant Backes, who was an airman in 1996 and assigned to the 626th AMSS as a passenger service agent.

Sergeant Farrar set out on a quest through the squadron, asking for items to put in the box. Members donated T-shirts, organizational caps, rank insignia, pictures, squadron patches, a Chicken Ala King Meal, Ready To Eat, and a temporary U.S. Army Europe driver's license, which was donated by then-Airman Matthew Huffman, a passenger service agent with the 626th AMSS.

"I remember Sergeant Farrar going around asking for items," said (now-Tech.) Sergeant Huffman, who works as a 721st Aerial Port Squadron transportation training manager at Ramstein Air Base. "I still had the temporary license in my wallet and said 'why don't you throw this in there?' I just thought it was a really neat idea, so I wanted to be a part of it."

Before closing up the capsule and placing it in the ground, Sergeant Farrar included a note for whoever would find the box.

"It is our hope that you will receive the contents of this box in good order and will realize that we are a United States Air Force organization that worked here in Germany for the good of all people on earth," he wrote.

As the seasons changed from year to year, the outside of the box rusted, but the contents remained unchanged until July 28, when it was discovered and taken to lost and found in the airport.

Once there, the airport security division and airport fire security investigated the box, found Air Force memorabilia inside, and contacted the airport U.S. Forces

Customs office for pick up.

"I went down there to see what all the fuss was about," said Army Sgt. Deon Washington, U.S. Forces Customs – Europe senior customs agent. "I figured it was a time capsule because there were hats and T-shirts in there, a copy of a marriage certificate, six U.S. dollars and stuff people thought was important."

Sergeant Washington took it back to his office and contacted Ramstein AB, which sent a team to collect the box and were able to locate several of the Airmen who put it together.

Even though members of the squadron were hoping the box wouldn't be found for decades longer, they still feel lucky to be a part of it.

"Our vision was that it would get dug up when we were old, gray men or even long gone a hundred years down the road, but it's still cool," Sergeant Huffman said. "I'm happy to be a part of this small part of a bigger piece of Air Force history."

For Sergeant Backes, the discovery of the capsule brought up memories of his first years in the Air Force.

"That was the first year, first base and first squadron in my career," he said. "Everything that made me who I am today started at the 626th AMSS. I'm really curious to see the names in the box and see what they are up to. The first real people I knew in the Air Force were at Rhein-Main."

When the base closed, Sergeant Backes and the squadron moved to a new home at Spangdahlem AB and became the 726th AMS.

The capsule will be displayed at the Ramstein Air Force Birthday Ball Sept. 26, and various items from the container will later be on display in the Heritage Hall in the 86th Airlift Wing Headquarters building.

Editor's note: Retired Master Sgt. William Farrar was unavailable to interview at the time this article was written.



U.S. Air Force photo/Senior Airman Nathan Lipscomb

A time capsule buried on what was Rhein-Main Air Base, Germany, by members of the 626th Air Mobility Support Squadron in September 1996 is displayed Aug. 18 at Ramstein Air Base, Germany. The capsule was unearthed by construction workers July 28 at the Frankfurt Airport.

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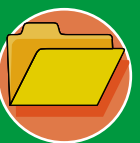
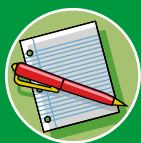
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Eifel School Happenings



Veteran students work to welcome newcomers

Team members of the Bitburg High School Student2Student group Katie Timms (front left), Notley Reavis (back left) and Katie Hoss (front right), and BHS Counselor and S2S adviser Jennifer Heinen discuss activities for the Back School Bash. The event will be held 11 a.m.-2 p.m. Aug. 29 at the Brick House.

S2S is a support program designed to assist students new to the Eifel schools by helping them transition smoothly and by rapidly meeting the critical needs of new students. Student-run and adult-supervised, S2S fosters peer relationships to aid new students in gaining confidence, enhancing their comfort levels and increasing their overall well-being during the adjustment to their new school environment.

Photo by Dana Hodges

Avoiding itchy scalps: how to defeat head lice

by Maj. Michael J. Cuomo
Public Health Flight Commander

Head lice have been around for a long time. Archaeologists have even found evidence on human hairs from 10,000 years ago.

They are tiny, blood-sucking insects that live on the human head and are 2 to 4 mm long with narrow bodies and no wings. Their bites can leave a trail of tiny red marks on the scalp, or you might see a small insect near the base of the hairs.

Head lice infection is common. It is important to learn how to recognize head lice, how to get rid of them, how to avoid spreading them and how to keep them from coming back.

Lice live in human hair and require blood for survival. They hatch from small eggs called nits, which attach to the base of individual hairs. The nits hatch into nymphs in about seven to ten days.

The adult louse is about the size of a sesame seed with six legs, and the color varies from off-white to reddish-tan. Females can live up to 30

days, laying as many as six eggs a day. Lice can survive off a human host for two days and nits may survive for several weeks.

Lice can crawl, but they cannot jump or fly. Most people get head lice by direct contact with someone else who has head lice.

Avoid borrowing or using anyone's comb, brush, hat, ribbons, scarves or other head coverings. You can also get head lice by sharing towels or pillowcases, or lying on a bed, couch or carpet that has recently been in contact with a person with lice.

Constant itching of the head and back of the neck can indicate head lice. Look for infected scratch marks or a rash on the scalp, but more importantly, look for nits attached to the hairs.

When you find head lice, it is important to respond promptly to prevent the spread to others. Several effective over-the-counter preparations are available at the 52nd Medical Group Pharmacy or local pharmacies to treat head lice.

To avoid re-infestation, take the following measures:

- All articles that may harbor lice or nits, such as clothes, towels and bed linens should be washed in hot water and detergent and machine dried.
- Vacuum all upholstery, carpets, mattresses and cars. Wrap the vacuum bag and contents in a plastic bag and discard.

Fumigation or room sprays are not recommended. Objects you cannot launder can be placed in a tightly sealed plastic bag for two weeks.

If one member of a household has head lice, all members should be inspected every two to three days for two weeks or until clear of lice and nits. Treat only those who are found with lice.

For additional information, call 52nd Aerospace Medicine Squadron Public Health Office at DSN 452-8308.

Editor's note: Information from the Harvard School of Public Health Web site, www.hsph.harvard.edu/headlice.html, and the Center for Disease Control and Prevention Division of Parasitic Diseases was used in this article.



Sports & rec

ONGOING EVENTS

AFAA certification classes

The Aerobic & Fitness Association of America is holding certification classes in September for those wishing to be certified in personal training, step and choreography, group exercise and spinning. Call Jurgen Stockemer 06565-61-6634 or DSN 452-6634 for more information.

Aerobics incentive program

A self-paced aerobics class incentive program is currently taking place at the fitness center at no charge. Prizes will be awarded after 40 and 120 hours.

For additional information about events at the fitness center, contact Juergen Stockemer at 06565-61-6634 or DSN 452-6634.

Eifel Lanes

Family Days – children bowl free with a parent 9 a.m.-noon Sundays.

Airman's Night – Senior airmen and below bowl two free games with a combo receipt from Papa Joe's 6 p.m.-close Mondays.

For more information about events and bowling specials, call Eifel Lanes at DSN 452-6217.

Fitness center hours

The fitness center's trial period of being open 24-hours a day Mondays-Fridays and 9 a.m.-7 p.m. weekends, holidays and down days ends Aug. 29.

Fitness classes – Spangdahlem

- Ab class/boot camp – 11:30 a.m. Tuesdays and Thursdays
- Abs only class – 4:30 p.m. Wednesdays
- Circuit training – 3 p.m. Mondays and Wednesdays
- Equipment Orientation – 10 a.m. Fridays
- Indoor cycling – 6 a.m. Mondays and Wednesdays; 4 p.m. Mondays-Fridays; 5:30 p.m. Tuesdays; 9:30 a.m. Mondays, Wednesdays and Fridays
- Sports conditioning – 5 p.m. Mondays and Wednesdays
- Sculpting – 11:30 a.m. Wednesdays
- Tai Chi – noon Mondays and Fridays, 6 p.m. Mondays and Thursdays

Yoga – 6 p.m. Wednesdays Fitness classes – Bitburg

- Butts and Guts – 9 a.m. Mondays and Wednesdays
- Sculpting – 9 a.m. Tuesdays and Thursdays

Outdoor Recreation

Outdoor Recreation is looking for volunteers to help with the Saber Outdoor Adventure Program. Skills to safely lead groups on caving, rappelling, canoeing, kayaking, climbing and hiking can be taught. For more information or to volunteer, call DSN 452-7170.

Community happenings

CLASSES AND EVENTS

Unity Service

The Protestant parish will hold a unity service at 10:30 a.m. **Aug. 30** at the Spangdahlem Chapel, located in Bldg. 135. Following the worship service, a ministry fair will take place in the annex. This unity service will be the only protestant worship service that day, with the exception of the Korean service, which will meet as scheduled. For more information, call Heidi Downer at DSN 452-6711.

Blood drive

The Armed Services Blood Program will hold a blood drive 9 a.m.-3 p.m. **Sept. 2** at the Brick House. There will be gifts for all donors. Go to www.militarylifeforce.com and click on 'Landstuhl' to make an appointment and register with the ASBP to follow your donations throughout your career.

ANNOUNCEMENTS

AADD

To volunteer or ask for a ride home, call Airmen Against Drunk Driving at 06565-61-2233.

AA Meetings

Alcoholics Anonymous meetings are at 7:30 p.m. Fridays on Spangdahlem Air Base in Bldg. 136 on the first floor. For more information about AA in the Eifel area, call 0152-0391-3593.

Book scholarship

University of Maryland University College – Europe is offering a new Europe \$100 book award for spouses and family members of active-duty enlisted servicemembers. For more information, call the education center at DSN 452-6063.

Commander and principal monthly forums

The 52nd Mission Support Group commander, Eifel principals and the Kaiserslautern district superintendent meet monthly to stay informed on dependent education and Eifel community happenings and information. The meeting contributes to the continuance of the great partnership and communication established between all entities,

ensuring each student's success. The 52nd MSG welcomes all group or squadron leadership and base or private organizational points of contact to attend. For more information, call Dana Hodges, 52nd Fighter Wing schools liaison officer, at DSN 452-6942 or e-mail dana.hodges@spangdahlem.af.mil.

Computer training classes

The Airman & Family Readiness Center's Spouse Online Computer Knowledge and Skills program supports military spouses by helping them develop computer skills and enhance career opportunities. There are more than 250 classes to choose from at multiple levels, from

beginner to advanced, including Microsoft Word, Excel and Access, digital photography and Web site development. If you are interested in signing up, stop by the A&FRC.

Cultural Class

Air University is offering Introduction to Culture online, worth three semester hours of elective credit. This course is designed to enhance cross-cultural competency, better preparing Airmen for today's complex operational cultural environment. AU is taking enrollments for the next course that runs from late August to mid-December. There is an enrollment cap of 250 Airmen. To enroll, e-mail afcl.enroll@maxwell.af.mil.



September is
EUCOM Healthcare Benefits Awareness Month

**Know Your
Healthcare Entitlements!**

Editor's note: Submit sports and recreation announcements and community happenings announcements 10 days before the desired publication date to editor@saberherald.com. Contact the Saber Herald at 0049-631-303-355-50 for more information. Submissions are limited to 65 words and may be edited due to space constraints.

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ONE**

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Now Showing

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**ADMIT
ONE**

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Spangdahlem Skyline

Friday, Aug. 28
6 p.m. G.I. Joe
(PG-13)

9:30 p.m. District 9
(R)

Saturday, Aug. 29
6 p.m. My Sister's
Keeper
(PG-13)

9:30 p.m. District 9
(R)

Sunday, Aug. 30
4 p.m. The Proposal
(PG-13)

7 p.m. G.I. Joe
(PG-13)

Monday, Aug. 31
7 p.m. My Sister's
Keeper
(PG-13)

Tuesday, Sept. 1
7 p.m. G.I. Joe
(PG-13)

G.I. JOE: RISE OF COBRA



Photo courtesy of www.movieweb.com

From the Egyptian desert to deep below the polar ice caps, the elite G.I. JOE team uses the latest in next-generation spy and military equipment to fight the corrupt arms dealer Destro and the growing threat of the mysterious Cobra organization to prevent them from plunging the world into chaos. Rated PG-13 for strong sequences of action, violence and mayhem throughout. (120 min.)

Featuring: Dennis Quaid, Channing Tatum

Bitburg Castle

Friday, Aug. 28
7 p.m. Year One
(PG13)

Saturday, Aug. 29
7 p.m. Taking of
Pelham 123
(R)

Sunday, Aug. 30
4 p.m. Aliens in the
Attic
(PG)

Introducing SPANGDAHLEM's newest resident



Courtesy photo

Naiemah Lynn Taylor

Naiemah was born at 3:52 p.m. June 11 at the St. Elisabeth Krankenhaus in Wittlich. She weighed 8 pounds, 4 ounces and was 21 inches long. Her proud parents are Tech. Sgt. Lamont and Stephanie Taylor. The Taylor family is stationed at Spangdahlem Air Base.

Send your birth announcement to the *Saber Herald*. Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last name(s) and rank(s), and the place where your family is stationed, along with a horizontal JPEG photo. Send information to editor@saberherald.com.

Chapel News

Bitburg Chapel

Catholic Mass

- Noon Sundays
- Daily Mass – 11:45 a.m. Tuesdays

Islamic services

- For information call the lay leader at DSN 452-6711

Jewish services

- For information call Rabbi Bram at Ramstein Air Base at 480-5570

Spangdahlem Chapel

Protestant worship services

- Traditional Service – 10:30 a.m. Sundays
- Gospel Service – noon Sundays
- Evangelical Service – 5 p.m. Sundays

Catholic Mass

- 9 a.m. Sundays
- 5 p.m. Saturdays
- Daily Mass – 11:45 a.m. Mondays, Wednesdays and Fridays

Chapel Resource Center

Center hours are 9 a.m.-2 p.m. Mondays and Wednesdays and 11 a.m.-4 p.m. Tuesdays and Thursdays. The center is closed Fridays, Saturdays and Sundays. It is located next to the chapel in Bldg. 136. For more information, call Karen Bortner at DSN 452-2201.



Destinations



Sage (left) and Elaina Radden, children of Capt. Angela Radden, visit the Church of Our Savior on the Spilled Blood Aug. 1 in St. Petersburg, Russia.

Send us those vacation photos. Submit your JPEG photo and include the date of the photo, rank and first and last names of anyone in the photo, and the location where the photo was taken. Write "Destinations" in the e-mail subject line. Send information to editor@saberherald.com.

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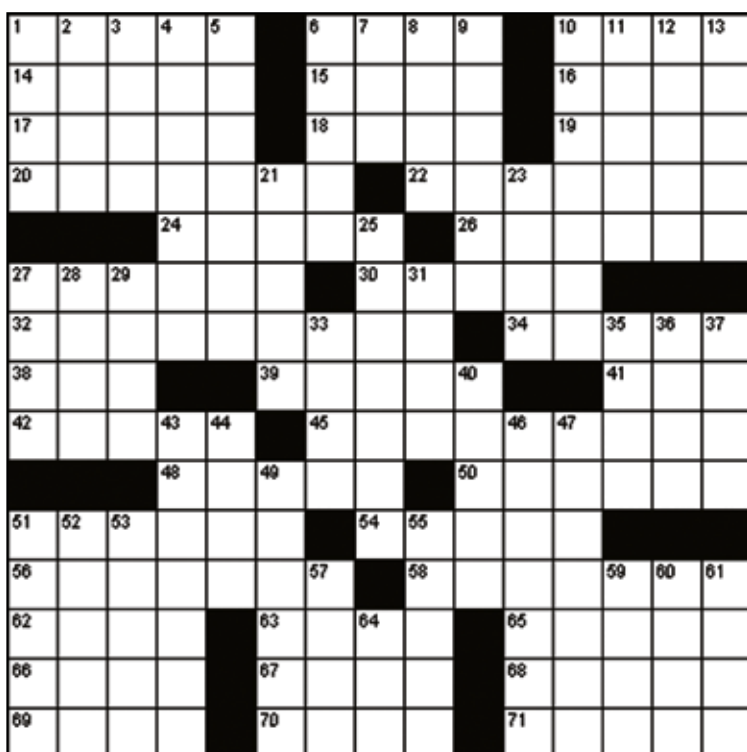
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Weekly Crossword Puzzle



Across

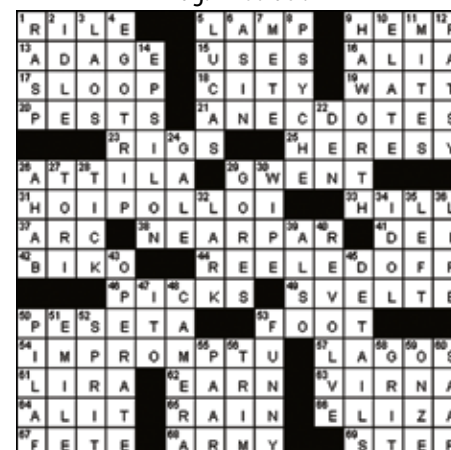
1. __ diem
6. Total emptiness
10. Pianist Gilels
14. Be of use
15. Ethnic prefix
16. Japan's first capital
17. Orion's left foot
18. Traveller's check
19. Huffy state
20. Profiteer's vice
22. Sincere
24. Pacific salmon
26. Abominate
27. Decadent
30. "Star Wars" planet
32. Bunched
34. Back pocket bottle
38. Overact
39. Piano part
41. "__ Na Na"
42. Upright

45. Former heavyweight champ
48. Singer Gorm
50. "We __ amused" (Queen Victoria)
51. Open military conflict
54. Ancient inscriptions
56. Ditch
58. Sports arena
62. Progenitor
63. Desert streambed
65. Disparage
66. Hardy heroine
67. Twirl
68. Irish county
69. Unwarranted
70. Burglar
71. German painter Max

Down

1. Dear, in Italy
2. Tel __
3. Indian music
4. Penetrates
5. Actor Gould
6. Bird with a cup-shaped nest
7. Half and half?
8. "Each Dawn __" (Cagney film)
9. Disney duck
10. Tangle up
11. "Olympia" painter
12. Whiskey
13. Starbucks order
21. Nestling's noise
23. Mouth part
25. More disreputable
27. Sonar signal
28. Filled pastry
29. Emit smoke
31. Neighbor of Minn.
33. Notes after do
35. Org.
36. "Git!"
37. "Critique of Pure Reason" philosopher
40. Wasn't upright
43. Neophobe's fear
44. Two of a kind
46. Spinning-wheel attachment
47. Sweetheart's assent
49. Sleepy
51. __ la vista
52. Theater awards
53. Ankle bones
55. Employing
57. Back of the neck
59. It's clicked on a computer
60. "Trinity" novelist
61. Best-selling computer game
64. Delve

Aug. 21 solution



Puzzle courtesy of <http://thinks.com/>